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On the cover

Photo by SrA. Jeff Capenos

Barry Waite prepares some peppers for the salad bar at the 48th Services Squadron Knights Table. For more information about the dining facility and its programs, turn to pages 14 - 15.

Bad weather can cause problems

By Col. Rulon L. Brough
48th Support Group commander

Each day, more than 2,600 students travel on 70 buses and several taxis between their homes and one of four schools at RAFs Lakenheath and Feltwell.

As we enter the bad-weather months, it's likely there will be fog, high winds or snow delays and cancellations.

When there's a delay or cancellation, it's important parents get the word as soon as possible, because it's their responsibility to have a realistic plan for child care.

Every morning, I receive weather- and driving-condition reports from the base command post. These reports help me evaluate the safety environment for our school buses to ensure a safe journey for all students. Even though conditions may not seem hazardous in some outlying communities where families reside, the safety factor can be seriously degraded in other areas where school buses travel.

When I think the conditions warrant a fog, snow or ice delay, I instruct the command post to notify the vehicle op-

erations dispatcher before 5:30 a.m. In turn, the dispatcher notifies bus officials before 6 a.m., and local radio stations receive the same information. School employees are alerted via a telephone recall.

With the possibility of weather delays and school cancellations, I urge parents to have a realistic plan to care for their children. Existing child-care facilities can't accommodate an influx of more than 800 additional children due to inclement weather.

Parents must make arrangements with neighbors, local child-care providers, friends or employers to ensure the safety and care of their family members.

Parents can learn the status of school openings and transportation delays by calling the command-post recording at Ext. 3541, commercially (01638) 523541. The recording is updated daily by 6 a.m. People can also call the RAF Mildenhall command-post recording at 89-3541, commercial (01638) 543541.

Parents may also listen to BBC Radio Suffolk (FM 104.5, 95.5 and 103.9), SGR Radio (AM 1070/FM 97.1), BBC Radio Cambridgeshire (FM 96) and Q103 (FM 103) beginning at 6:30 a.m.

Action Lines

The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command and agency channels haven't been able to resolve your concerns, call Ext. 2324, fax (Ext. 5367), e-mail (Action_Line), distribution (48 FW/PA), mail (48 FW/PA, Unit 5210 Box 215 APO AE 09464-0215), or hand carry your Action Line to the public affairs office (Bldg. 1085). You may remain anonymous; however, to receive a reply, leave your name, unit, duty or home phone number and full APO mailing address. Names will be kept confidential.



D Richardson

48th Fighter Wing commander

Status of sooms in dorms

What is the current status of the dorms? Are we going to single rooms or is it going to stay the same? Is the basic-allowance-for-quarters list going to be opened up?

We're going to single rooms. I just approved 50 people on the BAQ waiting list to move. This will allow some members to move one to a room in central-latrine dorms. Next,

we must find space for about 150 E-4s at RAFs Lakenheath and Mildenhall. Currently, there are about 90 community homes available to meet this need.

We are working with Mildenhall to develop a plan to implement the next stage which authorizes all E-4s to have a single room by the end of this fiscal year. This stage is more complex. Given the 1,900 unit family housing deficit, it is unlikely that all E-4s will have a private dorm room or be offered BAQ before summer 1998. By this time, I'm optimistic that more than 300 new dormitory rooms will be renovated or constructed.

Catalog wrappers at post office

The current post-office policy of taking catalog wrappers off catalogues to notify people that they have received them seems wrong to me. Is there anything we can do about that?

It's not policy, but DOD guidance. It saves countless man hours, is efficient and makes sense.

The guidance says: "When delivering mail-order catalogs, place catalog wrappers in the receptacles in lieu of PS Forms 3907, Notice to Call at Window. When the patron presents the wrapper, deliver the catalog to the patron. Tear up or line through address element to prevent reuse." IAW DOD 4525.6M, Vol. II, Chapter 5, 506.4, USAFE

Sup 1, 506.4. This procedure speeds mail delivery, something we all find advantageous.

Free ride

I want to emphasize the importance of military members helping those in need. When my car broke down, someone saw me having trouble, picked me up and took me to work. I want to express my appreciation.

Thanks for your call and I'm glad your experience was positive. I would, however, caution that accepting a ride or assistance is not always what stranded motorists should do, particularly at night, in isolated areas and if alone. It's better to stay in the vehicle with the window rolled down an inch and ask anyone who stops to call for help. Not everyone is a true "Samaritan" in today's society.

WIC program in U.K.

I believe having the Women, Infants and Children program established here would add to the already outstanding support system in place. Is there any way this issue can be addressed?

The Women, Infants and Children program is a state-run program that is congressionally funded through Federal Block Grants. In the continental United

See Action lines page 4

Secretary Cohen: I am honored

By William S. Cohen
Secretary of Defense

I am both honored and privileged to have been asked by President Clinton to serve as secretary of defense. I approach these demanding duties with humility and with a full appreciation of the important work ahead as we confront the uncertainties of future threats to the security of our nation and our allies.

To those who serve in uniform, regardless of where you are or what you do – you should know that you serve with the support of a grateful nation.

Thanks to you and your predecessors, the world is a safer place today, for us and for all nations. Your tenacity and undiminished commitment to the pursuit of peace and freedom brought an end to the cold war, reversed aggression in southwest Asia, and today deters those forces that seek to undermine the efforts of nations to live in peace. As a result, our

community of nations has a renewed sense of hope as it approaches the new century.

As I assume the watch from Secretary Perry, I wish to convey to each and every one of you two key thoughts. The first is my great pride in your collective achievements, which have enabled the United States to fulfill its indispensable role as the world's greatest force for peace, prosperity and freedom.

My respect for your achievements is equaled only by the honor of being selected to lead you and the Department of Defense as we work to ensure the security of the United States and to protect and promote our national interests abroad.

Second, I request an individual and collective rededication on the part of all who wear the uniform to the ideals of protecting our nation. Adlai Stevenson once said, "Patriotism is not a short and frenzied outburst of emotion but the tranquil and steady dedication of a lifetime."

Through your steady dedication to the common defense, you represent the best

our nation has to offer – both to our own country and to the world. Your greatness is measured in many different ways, every day. Be it by your compassion in humanitarian missions, your steadfast resolve while deterring potential enemies, or your courage and professionalism when the nation decides to commit its might in the pursuit of our national objectives, you light the path for others to follow. Your countrymen look to your "dedication of a lifetime" as a constant in their lives. The world depends on it as a condition for peace and stability.

Let me close by saying that I pledge all of my energies toward achieving the high standards that the American people have come to expect of their armed forces. I further pledge that we shall meet your expectations and those of your families as you discharge your unique and demanding duties on land, at sea, or in the air around the globe. A proud and grateful nation, whose destiny is in your hands, can do no less. Press on.

Action lines

From page 3

States, individual states bear a large share of the its funding. In the past, there have been many attempts to get money put in the congressional budget to establish it overseas, but there hasn't been a lot of congressional support.

Unfortunately, it doesn't appear the WIC program will be offered to overseas military families in the near future.

The family advocacy program through its nurse specialists, provides outreach service to families. These services are limited to items that are donated through corporations as "samples." There is an established fund operated through volunteer resources to support some of the costs and receive donations of material and funds. It isn't as comprehensive as the programs in the states.

For more information, call Jeanie Kuebitz at Ext. 3169.

Single airmen MIHA

Why is the Moving In Housing Allowance being denied to single airmen authorized to receive basic allowance for quarters and move off base?

The Air Force Instruction regarding the MIHA was changed Nov. 1. The new guidance grants MIHA to all single and married members authorized BAQ and moving off base. For more information about MIHA, call Patty Gallagher at Ext. 2453.

Happy Birthday, USAFE

USAFE marked its 55th birthday Tuesday. The command originated as the 8th Air Force in 1942.



Tax center opens Monday

By SrA. Sarah Franco
Public affairs

The RAF Lakenheath Tax Center opens Monday. Hours of operation are 9 a.m. - 5 p.m. Mondays through Fridays in Bldg. 905 between Electric Avenue and the base library.

The center offers electronic tax filing on a walk-in and appointment basis. People who work at RAF Feltwell can file electronically at Feltwell by contacting their local unit tax advisors.

"Besides electronic filing, we offer assistance with the required forms," said TSgt. Debra Gallegos, tax center NCO in charge. "The tax center is the only place people can get their federal and state tax forms this year."

"People must have their tax returns postmarked by June 15," said Gallegos. "They have an automatic overseas extension from April 15."

Those who visit the center for assistance should bring their W-2 forms, the Social Security card of

each person listed as an exemption on the tax forms, a copy of last year's federal and state tax returns and a voided check for bank routing information.

"People should also have their 1099 forms, which each business sends to them to show their interest and dividends over the year," Gallegos said.

Spouses of military members who are non-resident aliens and don't have a Social Security number need to complete IRS Form W-7 to get a taxpayer identification number. People who don't have Social Security numbers or taxpayer identification numbers can't be claimed as dependents, according to Gallegos.

"Just bring the paperwork to us and we will help you," she said. "We do walk-ins for most forms. But only people with difficult returns should make appointments." The center begins taking appointments today.

For more information, call Gallegos or Diane Butler at Ext. 1805. More information about taxes is available at <http://www.irs.vstreas.gov/plain/cover.html>.

Unit tax advisors

Squadron	Name	Phone
48th CRS	SMSgt. Mark Pridgen	Ext. 1665
	MSgt. Robert Swenson	Ext. 3157
48th LSS	SrA. Andy Blake	Ext. 5461
48th TRANS	TSgt. Daniel Frazer	Ext. 596
48th EMS	MSgt. Ray Vaughn	Ext. 3828
	MSgt. Thomas Dunne	Ext. 3832
	SSgt. Jack Copeland	Ext. 2591
	SrA. Bart Adema	Ext. 2522
48th SUPS	MSgt. Bryan Church	Ext. 3920
	Sgt. Michael Cordeiro	Ext. 2369
	TSgt. Carlos Cortez	Ext. 1730
	TSgt. Brian Sveda	Ext. 5485
48th DS	TSgt. Christopher Blair	Ext. 3833
	MSgt. Thomas Rasch	Ext. 5669
	TSgt. Carol Bouldin	Ext. 5669
48th MDSS	SSgt. Robert Balbi	Ext. 5670
RAF Feltwell	SMSgt. Terrance Douglas	Ext. 2127
	TSgt. Anne Wagner	Ext. 3714
	SSgt. David Allen	Ext. 7130
	SrA. Patricia Young	Ext. 2127
48th MDOS	SrA. Nicole Woolingham	Ext. 2083
	SSgt. Tina Egersdorf	Ext. 6294
48th OSS	SSgt. Jon Lubach	Ext. 6072
	MSgt. Thomas Laube	Ext. 3393
	MSgt. Donald Caskey	Ext. 3658
492nd FS	TSgt. John Distler	Ext. 4184
493rd FS	MSgt. Gerald Majzner	Ext. 5157
	SSgt. Thomas Kelnoske	Ext. 2683
	MSgt. Tony Giles	Ext. 5023
494th FS	SSgt. Jason Ozee	Ext. 5023
	A1C John Murrell	Ext. 5022
48th MSS	MSgt. Reigh Rupert	Ext. 6152
	MSgt. Marvin Sauer	Ext. 2713
	Capt. Mario Mathis	Ext. 2036
	SSgt. Margaret Safken	Ext. 2734
	SSgt. Christie Gauthier	Ext. 5139
	SSgt. David Woolridge	Ext. 2746
48th SPS	SrA. Michelle Verges-Jones	Ext. 5143
	1st Lt. Erik Hoxie	Ext. 3656
48th CS	MSgt. Jeffrey Brobst	Ext. 1432
48th CES	SrA. Jeremy Hankins	Ext. 2206
	Capt. Kathryn Pfeifer	Ext. 1912
5th SPSS	SSgt. Samuel Brumfield	Ext. 2255
48th CONS	SSgt. Jim Huffer	Ext. 7052
	2nd Lt. Jay Brice	Ext. 7073
	Sandra Jonasen	Ext. 7094

Secrets to healthy smiles revealed

"Uncover the Secrets of a Healthy Smile" is this year's theme for National Children's Dental Health Month.

The 48th Dental Squadron sponsors many activities during February to help children, parents and teachers discover those secrets. The activities for the month range from poster contests to dental screenings.

"The purpose of this month is to educate people and give them awareness of the importance of good oral hygiene and care," said Maj. Michael Kucsera, general dentist officer. "By participating, people help keep children's smiles beautiful. Our goal is to educate parents, children and teachers so they can keep from seeing me.

"We don't just want to do the screenings," Kucsera said. "We want to identify areas where there may be problems so we can give people good care."

The dental clinic has also increased the number of after-school appointments available for children.

"Because we extended our hours to 7 p.m., it is easier for children to be seen after school," Kucsera said. "During their initial appointment, we do an examination, cleaning, fluoride application, X-rays and make any appropriate follow-on appointments."

Family members can make appointments for examinations and cleanings by calling the clinic staff at Ext. 1846 or 2976 from 7:30 a.m. - 7 p.m. weekdays.

Dental Health Month activities

☐ Today – There's a joint proclamation signing ceremony at 9 a.m. to kick-off National Children's Dental Health Month. Col. Doug Richardson, 48th Fighter Wing commander, and Col. Christopher Kelly, 100th Air Refueling Wing commander, are the guests of honor.

☐ During the month, RAFs Lakenheath and Feltwell elementary students create posters reflecting their ideas about dental health that will be displayed throughout the base.

☐ Wednesday – The dental clinic staff will visit the Feltwell elementary school to provide screenings for third-grade students.

☐ Feb. 9 – The dental clinic staff will provide dental health information from 10 a.m. - 4 p.m. at the base exchange.

☐ Feb. 25 – Lt. Col. Jeff Mabry, children's dental specialist, provides well-baby screenings from 8:30 - 11 a.m. in the base chapel for children up to two years old.

☐ Feb. 26 – The dental clinic staff visits

the Lakenheath elementary school to provide screenings for third-grade students.



To help maintain teeth for a lifetime, people should eat healthy food and snacks, floss and brush daily, visit the dentist regularly and ask dentists about the benefits of sealants to prevent dental decay, according to the American Dental Association.

Base road construction

Construction to widen Douglas Avenue begins Monday. Douglas Avenue is the road beside the Brandon gate that runs by hardened avionics. People traveling to the east side of RAF Lakenheath may experience delays. Work is in progress for 10 weeks. For more information, call Ext. 1912.

British police conduct DNA testing

The Newmarket Police are conducting DNA testing of selected people who live in Studlands Park Estates and George Lampton Estates in Newmarket as part of a criminal investigation.

Residents who fit a certain profile will be contacted by mail and requested to provide a thumb print and oral swab DNA sample. All samples will be disposed of after the investigation is completed, according to the police.

"The DNA testing in completely voluntary," said Col. Rulon Brough, 48th Support Group commander. "We would, however, like complete cooperation to help solve this serious crime."

For more information, call the Newmarket Police Station at (01284) 774416.

19 Lakenheath officers selected for promotion

The following 48th Fighter Wing officers were selected for promotion.

To colonel:

George Horsel, 48th Dental Squadron; Michael Shedlosky, 48th DS; and Paul Ziaya, 48th Medical Operations Squadron

To lieutenant colonel:

Craig Flickinger, 48th DS; Jose Ibanez-pabon, 48th DS; Phyllida Paterson, 48th MDOS; Mark Harber, 48th MDOS; and Donald Meduna, 48th Medical Support Squadron

Tomajor:

Steven Maller, 48th DS; Anthony Vitali, 48th DS; William Lujan, 48th MDOS; and Richard Williams, 48th MDOS

Tocaptain:

Adrienne Ault, 48th MDOS; Beth Pavlovich, 48th MDOS; Amy Taylor, 48th MDOS; Susan Pietrykowski, 48th MDSS; David Deaton, 48th MDOS; April Quillin, 48th MDOS; and Michelle Vaughn, 48th MDOS

Engineer hotline to enhance customer communication

The 48th Civil Engineer Squadron activated a 24-hour customer action line Jan. 6.

People who dial Ext. 5546 can leave messages about any concern or question they have at any time of the day or night. Customers are encouraged, however, to try working issues with the appropriate office before using the hotline.

"We all have service call numbers and feedback forms that are the primary ways for our customers to obtain service and provide comments on that service," said Lt. Col. Steven Zander, 48th CES commander. "This new num-

ber is for those customers who have tried to use the system, and for some reason — red tape, contractual problems, no apparent reason — cannot obtain satisfaction. The customer is essentially frustrated, probably angry. These messages will go straight to the squadron commanders who make things happen."

The voice-mail menu allows people to address several topics including maintenance programs, environmental programs, construction projects and administrative functions.

"We have given ourselves a 48-hour suspense to address the action lines," Zander said. "Customers should attempt to use the routine customer service numbers first, and please keep in mind, this isn't a number to call for emergency services."

AAFES changes returned check processing Saturday

To reduce expenses, the Army and Air Force Exchange Service is outsourcing some returned checks beginning Saturday. The initial change is being made in all Europe locations and some continental United States exchange locations.

AAFES has contracted with the National City Processing Company to handle customer and commander notifications on all checks returned to AAFES. They also process payments made during the 60-day period following the return of the check. AAFES does continue to handle collection procedures for dishonored checks not paid within 60 days. These procedures include involuntary collection requests through servicemembers' paying finance office and tax refund offsets.

There are some banks that use a "second presentation" procedure, which requires them to hold a check that doesn't clear for a number of days and represent it a second time, according to AAFES. When outsourcing is implemented, second presentation will be eliminated.

Air Force extends wear of olive field jacket

RANDOLPH AFB, Texas (AFNS)—Fewer camouflage field jackets in stock has extended the life of the Air Force's olive field jacket by six months.

The olive drab jacket was earmarked to remain in the closets of servicemembers as of Jan. 1 after the service's uniform board in November 1991 opted to switch to the camouflage jacket now issued. The new phase-out date is July 1.

"The field jacket is an organizational clothing item and each organization issues the jacket at no cost to the servicemember," explained SSgt. Keith Lawrence, Air Force Personnel Center's commanders' program branch. "Members who currently have a olive field jacket will not automatically get it replaced; commanders replace these jackets based on need."

Uniform experts here remind military members that the single and double-breasted all-weather coat is an authorized outer garment with the battle dress uniform.

For more information, call Lawrence at DSN 487-3415. (Courtesy AFPC News Service)

Liberty Warrior

"Can do" person of the week



Photo by A1C Grace Hunt

SSgt. Scott McLernon

48th Operations Support Squadron

Hometown: Oxnard, Calif.

Time in service: 11 years

Time on station: Two years, eight months

Role in mission: I am an aircraft maintenance scheduling craftsman working as the 48th Fighter Wing time compliance technical order monitor.

Hobbies: I like computers, sports of all sorts, fishing, camping, hunting and martial arts.

Where do you see yourself in 10 years? Retired and owning my own business in the United States.

What would you do to make things better at RAF Lakenheath? I would open the communication channels wider from the upper supervisory levels to the worker levels. Many of the "worker-bees" have some great ideas on how to improve things in their own working areas.

What is your greatest achievement? Getting this girl in high school to go out with me after one-and-a-half years of trying. That girl is now my wife, Theresa McLernon.

Why did you join the Air Force? To do my part in defending the United States and the opportunities that were given at the time.

What do you like best about the Air Force? The planes. Ever since I was a little kid, I've loved airplanes.

Strange things British people eat

By Linda Laws
Community relations advisor

If you are newly arrived in this country, you may still be grappling with some of the strange things we eat. Let me try to dispel some of the mystery about our traditional foods.

Meal times

Before talking about specific foods, it might be a good idea to explain at what times of the day meals are eaten. In Britain, the main meals are breakfast, lunch and dinner. In certain parts of the country, the midday meal is also referred to as dinner. Meals tend to be later than Americans are used to. Lunch is usually taken any time between noon and 2 p.m. and dinner is normally eaten no earlier than 7:30 p.m. and often as late as 9:30 p.m.

For busy, working people, traditional cooked breakfasts are not eaten during the week, but if you stay in bed-and-breakfast or farmhouse accommodation, you can expect to be served a very substantial breakfast indeed. In Scotland a dish called porridge, oatmeal boiled in water or milk, is served as a part of breakfast, and kippers, smoked and dried herrings, are also popular.

One quaint custom is to have afternoon tea – sometimes called high tea. This consists of very small sandwiches with no crust – which are eaten very daintily – scones and jam, cake and what seems like an endless quantity of tea. Many hotels in the local area offer afternoon tea, but if you want to really do things in style, tea at the Ritz in London is the thing to do – complete with musical accompaniment. You might even see the odd celebrity come through its magnificent doorway.

Eating out

When eating out, some of the dishes on offer you may come across will include:

Bangers and Mash. Sausages and mashed potatoes. Newmarket is the home of the “Celebrated Newmarket Sausage,” the recipe for which was devised by William Harper around 1870. The famous recipe has been passed down through three generations of the Harper family to Grant Powter, who is William Harper’s great-grandson. He currently runs the business which still operates from Wellington Street, Newmarket.

Shepherd’s Pie. This consists of meat, which has been minced, covered with mashed potatoes. Depending on the recipe used, the dish can also contain onions, mushrooms, peas and seasoning. The potatoes are

cooked so that they are crispy and brown on top and soft underneath. In the past, this dish was made as a way of using up the meat left over from the Sunday joint of beef or lamb and was considered an economical way of feeding a large family. It is also known as cottage pie, though cottage pie normally has a top made from short crust pastry.

Steak and Kidney Pie or Pudding. The kidney content of this dish can give it a quite distinctive flavour and, for this reason, some people do not like it. The beef used is normally stewing beef, a cut which has been cooked for a long while to make it more tender. The quality of the gravy can also make a difference to the enjoyment of this dish – the best gravy is made with the liquids saved from cooking the meat. Steak and kidney pies are traditionally covered in flaky pastry, which is supposed to melt in your mouth whereas puddings are a much more solid affair, being made from suet pastry – a much softer texture and very filling. Suet is an animal fat, so not a good idea if cholesterol is an important consideration in your diet.

Haggis. A traditional Scottish dish eaten around “Burns Night,” which is a traditional festival on Jan. 25 to celebrate the works of Robert Burns, a famous Scottish poet. The dish is made from chopped sheep’s offal and oatmeal traditionally cooked in a sheep’s stomach. It tastes better than it sounds, believe me.

Scones. Scones are a cross between an individual cake and biscuit (cookie). In the south west of the country, particularly Devon and Cornwall, they are sliced in half and eaten with jam and cream as part of a cream tea. They usually contain currants or sultanas, but you will also find cheese scones.

Shortbread. Another traditional recipe from Scotland, this delicious sweet biscuit is best made with butter among the ingredients to produce the unique flavour – which is referred to as being “short.” Readily available in England all year round, it is particularly popular at Christmas time to give as a present.

Trifle. A trifle is a dessert with a sponge (cake) base, fruit and jelly (jello), custard (cornflour-based mixture) and usually topped with whipped cream. There are many variations to recipes; some use a jam sponge (known as a Swiss roll) as a base and some do not contain jelly. Sometimes, they contain sherry as an added ingredient.

Toad in the Hole. This is simply a Yorkshire Pudding made from a batter mixture

and baked, with sausages cooked in it. It is usually cooked in a large baking tin. Yorkshire puddings are served with roast beef and normally individual puddings baked in a tin like a muffin tin – except in the north of the country where they are often eaten with gravy prior to the main course.

Ploughman’s. Usually offered as a choice in pubs, a ploughman’s consists of cheese, bread and pickles. The pickles are traditionally Branston Pickle or white pickled onions.

Cornish pasty. This contains meat, onion and potato in a pastry case. The pastry is rolled into a round, the filling laid on to it and the pastry then folded over and sealed at the edges.

Coffee Cake. If you invite a British person in for coffee and coffee cake, they will more than likely expect a coffee-flavoured cake. I well remember being served coffee cake and wondering why it didn’t taste like the coffee cakes I was used to until it was explained to me that coffee cake is any cake you eat with coffee.

Other foods

A few other terms might need some clarification: French fries are often referred to over here as “chips” and potato chips are known as “crisps.” When ordering a soft drink for children, as well as fizzy or carbonated drinks (sodas) we have what is called “squashes” – still drinks, which have no carbonation. If you buy a bottle of squash in the supermarket for home use, remember that they are concentrated and need to have water added. Otherwise you end up with a very strong syrupy drink.

One last thing, if you are unsure whether or not you will like a particular dish, do ask the waiter or waitress to explain what it is made of and how it will look – they will be happy to do this for you. There is nothing more off-putting than building up great expectations when ordering a meal only to be thoroughly disappointed when it arrives at the table.



**For more
information
about living
in Britain,
call me at
Ext. 3145.**



Photos courtesy of the 48th Services Squadron

SrA. Jeffery Anderson, shift supervisor at the 48th Street Cafe, gets ready to serve French fries to customers.

Judging set

A team of Air Force judges arrives at 6:30 p.m. Wednesday at RAF Lakenheath. They will evaluate the dining facilities Thursday and Feb. 7 in the competition for the best dining facility Air Force-wide.

New ideas make f

**By Capt. Launa Hall
48th Services Squadron**

New things and better service are the result of the work of the 48th Services Squadron food service team. They've added variety to boxed meals, fresh hot cookies at the Knights Table and a dessert extravaganza.

The team, which has 44 members, works to make the RAF Lakenheath dining facilities better and more enjoyable to their customers. Customers can even share their favorite recipes.

One of the new ideas was a complete change in the box meals services offers. The box meals are prepared for customers who can't make it to either of the dining facilities during meal times.

"We realized a lot of our customers have to eat box meals regularly, and we weren't providing enough variety," said TSgt. William Dame, food service superintendent. Box meals used to have only two kinds of sandwiches. Now, they offer four kinds with meat, three vegetarian sandwiches, hoagie rolls, salad and tomatoes.

"(The box meals) make a good meal, especially with the fresh fruit, desserts and healthy items we put into them," Dame said.

Regular Knights Table customers may

have noticed fresh, hot coo

"We call the said TSgt. Pa Table manage progressively time you come coming out of are available d Table once a v

"It definitely worth it," said ers get an exc still warm."

Dessert lov new dessert ex Table.

"(Even thou sert options a more on desse we personally Dame. Desser monthly with

Another ne recipe program ers.

"We're exc gram because the chance to g serve them," Knutson, 48th mander.

Customers recipes on a fo



A Knights Table customer creates a salad from th

Food services better

another improvement — cookies.

“We bake the cookies through a meal, so any in, you’ll smell cookies the oven.” The cookies during lunch at the Knights week.

“It takes more time, but it’s Simmons. “The customer-ellent dessert while it’s

ers can also enjoy the extravaganza at the Knights

gh) we always have des- available, we have many t-extravaganza days and serve them to you,” said extravaganza is offered the dinner meal.

ew idea is the favorite a, available to all custom-

ited about this new pro- it gives our customers et involved with what we said Capt. Sunshine SVS combat support com-

can write their favorite rm at the Knights Table.

As long as all the ingredients, measurements and cooking times are included and the form is signed, the food services team guarantees they will make every favorite recipe at least once.

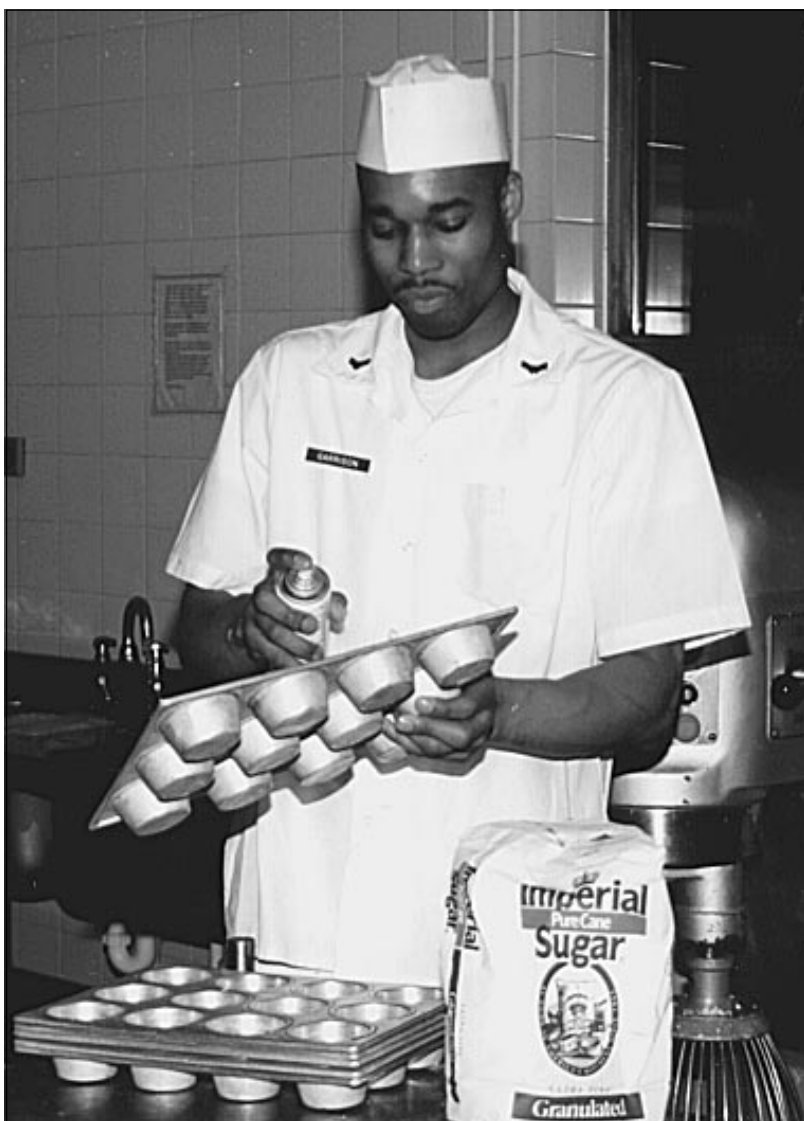
“It can be a dessert, entree, salad, or anything at all,” said Knutson. “If it sells well, we’ll add it permanently to our recipe file.”

The food services team must follow the Air Force worldwide menu. They do, however, have the flexibility to make unique dishes occasionally.

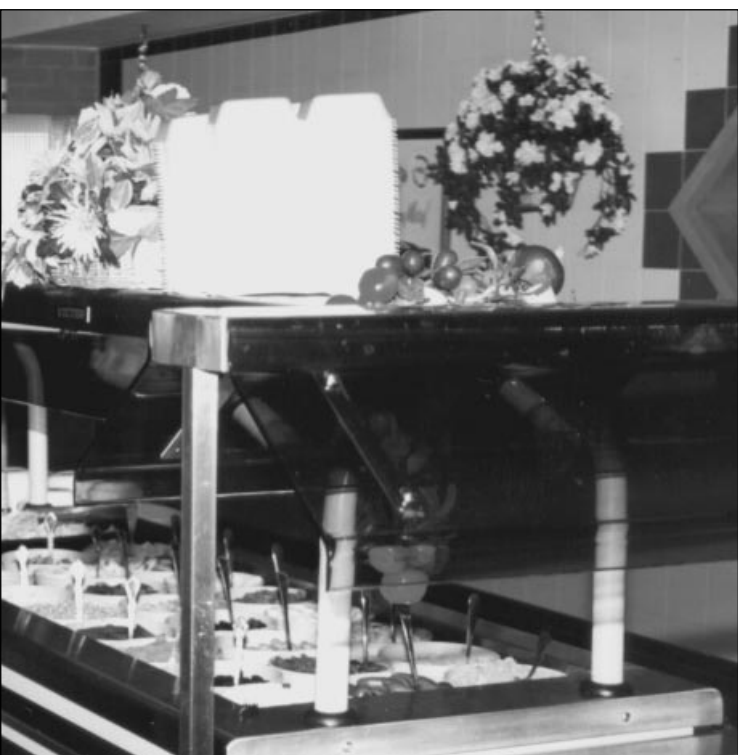
“If someone misses a dish from home, tell us the recipe,” Knutson said. “We’ll make it for you.”

Because of their improvements and hard work, the 48th SVS food service operation recently won the United States Air Forces in Europe Food Service Excellence Award, and are now competitors for the worldwide Hennessy trophy.

“The competition couldn’t come at a better time for us,” said Lt. Col. Michael O’Dell, 48th SVS commander. “We have an outstanding team assembled, they produce consistently excellent meals, and all the new programs they have introduced show how dedicated they are to customer service.”



A1C Michael Garrison, a baker at the Knights Table, prepares to bake cupcakes.



A vast array of choices.



A Knights Table customer samples the soup of the day.

Lakenheath - Feltwell Community

Chapel services

Catholic services

Daily Mass (Mon. - Fri.) 11:30 a.m.
 Saturday Mass 5 p.m.
 Sunday Mass 9:30 a.m.
 Sunday Mass at RAF Feltwell 11:30 a.m.
 Religious education classes-Feltwell school cafeteria (Sunday) 10:15 a.m.
 Religious educational classes-RAF Lakenheath Elementary School (Sunday) 11 a.m.

Protestant services

Liturgical service (Sunday) 8 a.m.
 Shared-faith service (Sunday) 11 a.m.
 Gospel service (Sunday) 1 p.m.
 Shared-faith service at Feltwell 10 a.m.
 Sunday school at Feltwell 9 a.m.
 Denominational - Lutheran Wisconsin Synod (First Sunday each month Feltwell) 1 p.m.
 Denominational - Assemblies of God Sunday Night Live (Sunday) 6 p.m.
 Denominational - Grace Bible fellowship (Sunday at Feltwell) 4 p.m.
 (Wednesday at Feltwell) 7 p.m.
 Sunday school at Lakenheath Elem. 9:30 a.m.

Islamic services

Islamic Circle Thursdays, 5-6 p.m.
 For details, call Maj. Laurence Brown at Ext. 2810

Jewish services

Services are held at the RAF Mildenhall chapel on the first and third Fridays of the month at 6 p.m. The officiating rabbi is Chap. (Maj.) Brett Oxman. Call DSN 238-2822 or (01638) 542822 for details.

Orthodox (Christian) services

Call Lakenheath chapel at Ext. 3711 for details.

Buddhist services

For details, call Holly Eller at (01638) 515336.

For emergency

For emergencies during duty hours call Ext. 3711 or the base command post at Ext. 4233 after duty hours. For information on services in the community, call Ext. 3711.

Wing quarterly awards luncheon

The 48th Fighter Wing quarterly awards luncheon is 11:30 a.m. Feb. 7 in the officers' club ballroom. Cost is \$8 per person. Attire is service dress for the head table and nominees and duty uniform for others. Call unit first sergeants for more information.

Wing annual awards banquet

The 48th Fighter Wing annual awards banquet is Feb. 15 at the officers' club. The event begins at 6 p.m. and dinner is at 7 p.m. Attire is mess dress or semiformal. Cost is \$20 per person. For more information, call squadron first sergeants.

Free cat neutering

The Cats Protection League in Bury St. Edmunds is neutering cats for free in February. For more information, call Ext. 3145 or 3915.

CGOC meeting

The 48th Fighter Wing Company Grade Officers Council meets at 4:30 p.m. Feb. 14 in the officers' club Suffolk room. For details, call Capt. Patrick Ryder at Ext. 2151.

HAZCOM training

Supervisors who train people in hazard communication must attend the "Train the Trainer" course. The course is 9 a.m. the last Wednesday of the month. For more information, call public health at Ext. 2235.

Red Cross volunteers

The American Red Cross accepts appli-

cations today for volunteer dental assistant training. They also seek a chairperson for the RAF Feltwell Elementary School volunteers. Training is provided. For more information, call Ext. 1855.

Chapel activities

The chapel sponsors a Shrove Tuesday Pancake Supper from 5 - 7 p.m. Feb. 11 in the chapel. The staff accepts egg-dish donations until 5 p.m. the day of the dinner.

The chapel sponsors a free steak-and-potato dinner at 5 p.m. Wednesday. The dinner is open to all dorm residents, families of deployed members and families living in the temporary living facilities.

The chapel Wee Joy program is available for children 6 months to 3 years old. While children attend, parents are free to attend worship services and religious education classes.

For more information about these programs, call the chapel at Ext. 3711.

Middle Ages ,Renaissance meeting

The Society for Creative Anachronism is a organization that researches and recreates the customs, combat and courtesy of the Middle Ages and Renaissance periods. The local chapter meets at the Rose and Crown Pub in Beck Row the first Thursday of each month. For more information, call Bob Alley at (01638) 532751.

Girl Scouts

Local Girl Scouts request people pur

See Community, page19

Family Support

Contact the family support center staff at Ext. 3847 for information on any of the following programs, or stop by Bldg. 692. All classes are held in the family support center unless otherwise noted.

PCS with ease

A PCS with ease seminar is 1 - 3 p.m. Wednesday in the conference room. This class provides departing members with information to ease PCS moves.

Special delivery

A special delivery program for expectant parents and parents of newborns is 9 a.m. - noon today in the conference room. Topics include an

overview of the book "Your Baby's First Year," a financial presentation on "Budgeting For the New Baby," basic parenting principles, information on building children's self-esteem, communication, effective discipline and redirecting misbehavior. Participants will receive a free bundle of baby supplies.

Spouses group

The foreign-born spouses group meets from 6 - 8 p.m. today and Feb. 7 in the conference room. This is an educational forum for spouses who are of foreign heritage.

Teen life group meets

A teen life group meets from 4:30 - 6:30 p.m. Monday at the youth center. The group promotes personal development and

coping skills among teenagers and pre-teens. Topics include self-esteem, handling relationship issues, dating, family communication and more.

Interviewing workshop

An interviewing workshop is 1 - 5 p.m. Wednesday in the small classroom. This workshop provides training in job interviewing and "dressing for success."

Gamblers anonymous

Gamblers anonymous meets from 6:30 - 7:30 p.m. Feb. 7 in the conference room.

Hearts Apart

The Hearts Apart support group meets at 9 a.m. Fridays at the base chapel. This hour-long meeting provides spouses of deployed active-duty members a place to meet with other spouses for support and information. While adults are in

Hearts Apart, the children attend Little Hearts Apart, a program designed for children with a deployed parent. The program covers topics regarding children's feelings about separation. Activities include letter writing, arts and crafts and exploring feelings. Little Hearts Apart runs until noon.

Information briefing

A newcomers briefing is 8 - 11:30 a.m. Tuesday at the base theater. The briefing highlights the impact personal readiness plays in mission readiness. It also provides newcomer information about setting up finances, dealing in pounds, job searching, using TRICARE and British health services, safely using 220 voltage, recreational services and more.



Photo courtesy of the 48th Services Squadron

Lakenheath scrapbook

Jentry Pritt (front row, left), Paige Madrid, Erin Williams, (back row, left) and Aloha Jarett perform a lyrical dance at the youth center opening Jan. 19. They've been dancing for a year and have practiced this dance for six months.

People who would like to have community photos published in the "Jet 48" should bring them to public affairs in the wing headquarters building or call Ext. 5640.

Community

From page 16

chasing Girl Scout cookies to donate a box to family services to support deployed military members. Collection points are wherever cookies are sold. Cookies are sold between 10 a.m. - 6 p.m. today at the post office and between 10 a.m. - 4 p.m. Saturday and between 9 a.m. - 7 p.m. today through Sunday at the commissary.

The Anglia Girl Scouts sponsor an 85th anniversary reunion for all active and former scouts. The reunion will kick off Girl Scout Week, which is March 8 - 15. For more information, call (01638) 521675.

NCO induction ceremony

An NCO induction ceremony is 4 p.m. Monday in the Liberty Club for all senior airmen being promoted to staff sergeant in February. For more information, call MSgt. Jimmey Donica at Ext. 3004.

Scholarship applications

The People Associated for Cultural Enrichment accepts applications for its annual high-school scholarship award of \$1,000. Deadline for application is Feb. 28. For more information, call SrA. Camille Stringer at Ext. 3582.

The community scholarship association accepts applications for vocational-school and college-bound high school seniors and graduating family members attending British schools. Selection is based on student grades, ACT/SAT scores, course-load difficulty, extracurricular activities, goals and ambitions. Applications are available from Diane Howder, high school counselor, beginning Monday. Application deadline is March 14. For more information, call (01638) 533191.

The 13th Masonic District accepts applications for its annual scholarships. First place is \$1,200, second is \$800 and third is \$500. Deadline for application is April 1. Applications are at the education center. Active-duty members, civilians and high-school seniors are eligible. For more information, call TSgt. Greg Gartrell at Ext. 3224.

Student essay contest

The 76th Masonic Lodge sponsors an essay contest for high school students to celebrate Black History Month. Cash prizes are awarded for first, second and third places. Deadline for entries is Feb. 18. For more information, call Zuzana Plesa at Ext. 3118 or after duty hours, call SSgt. Carl Howard at (01638) 718708.

Neighborhood watch meeting

A neighborhood watch meeting is 7 p.m. Feb. 1 at the Newmarket Community Center. For more information, call Regina Wilson at Ext. 1424.

University of Oklahoma

The University of Oklahoma seeks people to gather their used books that are in good condition but not textbooks and deliver them to the university office in Bldg. 968 by today. Office hours are 8:30 a.m. - 5 p.m. weekdays. The books are then donated to OXFAM, a British agency that gives aid to third-world countries. For more information, call Barbara Lamont at Ext. 3125.

Testing schedule

The education center staff has scheduled the following graduate admission tests:

□ The Miller Analogies Test is Feb. 19 and April 23. Registration deadline is two weeks before the test date.

□ The Graduate Record Exam is April 14. Registration deadline is Feb. 18.

For more information, call the base education center at Ext. 3851.

Self-help center closed

The self-help center is closed for inventory Feb. 10 - 14. For details, call Ext. 2577.

Long-term parking lot

The long-term parking lot at RAF Mildenhall is closed beginning March 14. An interim parking lot is set up across from the softball field in front of the recycling center. For more information, call SSgt. Glenn Languirand at 89-2060.

Valentine's Day messages in 'Jet 48'



The "Jet 48" publishes Valentine's Day messages in the Feb. 14 issue of the magazine. Submit messages to public affairs in writing or through e-mail at 48fw/pa@48fw.lakenheath.af.mil. Messages should be limited to 30 words and should be in good taste. All submissions should include the name and phone number of the submitter. For more information, call Ext. 2151.

What's on at Services

Friday – Jan. 31	Saturday – Feb. 1	Sunday – Feb. 2
<ul style="list-style-type: none"> □ A crud tournament and membership night is at 6 p.m. at the officers' club. (Ext. 2535) □ "Gary Cooper Indiana" plays from 9 p.m. - 2 a.m. at the rod and gun. (Ext. 2368) □ A Cajun lunch buffet is from 11 a.m. - 1:30 p.m. at Liberty Club. (Ext. 3869) 	<ul style="list-style-type: none"> □ "Rock Night" is at the Liberty Club featuring "Backslider." (Ext. 3869) □ Colourama is at 7:30 p.m. at Liberty Lanes. (Ext. 2108) □ The arts-and-crafts center sponsors a wreathmaking class from 10 a.m. - noon and a wedding-arrangement class from 1-3 p.m. (Ext. 2194). 	<ul style="list-style-type: none"> □ The arts-and-crafts center sponsors a book-binding class from 1-3 p.m. (Ext. 2194) □ Sunday brunch is from 10:30 a.m. - 1:30 p.m. at the officers' club. (Ext. 2535) □ Family skating is from 2-6 p.m. at skating rink. (Ext. 1627)

Club calendars

The 1997 RAF Lakenheath Services calendars are available to all Lakenheath club members at the cashier's cages at the Liberty Club and the officers' club during normal operating hours. Show club cards to receive the calendar with monthly money-saving coupons. For details, call Ext. 1709.

Books needed

The community activities centers seek donations of new or like-new books. These books will be used in the community activities centers in Ely, Feltwell and Shepherd's Grove for free check-outs. Children's books are especially needed. Donated books may be dropped off at the RAF Lakenheath Library. For more information, call Ext. 2221.

Get to know your car

The auto crafts center sponsors a basic bumper-to-bumper maintenance class from 5-8 p.m. Monday. Call Ext. 2454 to register.

VCR-rental special

Save \$10 on month-long VCR rentals from Equipment Rentals. They also offer repair

services on small appliances. Call Ext. 2146 for more information.

Full service lunch

The officers' club offers full-table service during lunch hours. Call Ext. 2535 for more information.

Flea markets Feb. 8

The RAFs Lakenheath and Feltwell community activities centers each sponsor a flea market Feb. 8. Cost for a table is \$5. Admission is free. To register for a table, call Ext. 2221 for Lakenheath and Ext. 7022 for Feltwell.

Flamenco demonstration

The library sponsors a free flamenco demonstration from 7-9 p.m. Feb. 9. For more information, call Ext. 3713.

Cat chat seminar

The community activities center and Animal Crackers pet club sponsor a seminar on cats at 7 p.m. Feb. 10. David Redtfeldt, general council cat judge speaks about cat care and cat showing. For more information, call Ext. 2221.

Valentine's day deliveries

The RAFs Lakenheath and Feltwell community activities centers offer a balloon delivery service for Valentine's Day. Deliveries begin at 9 a.m. and continue throughout the day. The delivery area is on-base, but no restricted areas. Prices begin at \$7.50. Call Ext. 2221 or 7022 to place orders.

Liberty Club bingo

More than \$2,000 is given away in cash and door prizes at Liberty Club bingo every Tuesday. Doors open at 6 p.m. and games begin at 7:30 p.m. For details, call Ext. 3869.

Lessons

The community activities center sponsors private piano lessons Wednesdays, Thursdays and Saturdays for \$12 per half hour. Tai Chi lessons are 7-8 p.m. Tuesdays for \$20 for four weeks. Call Ext. 2221 for more information.

At the movies

RAF Lakenheath

Friday

7 p.m. – "Larger Than Life" (PG) Starring Bill Murray and Janeane Garofalo. Murray's inheritance turns out to be larger than he expected, but it isn't money. Accepting it puts him into an immediate huge debt.
9:30 p.m. – "Sleepers" (R) Starring Kevin Bacon and Robert DeNiro. Four friends from New York's Hell's Kitchen wind up in reform school when a teenage prank goes wrong. A murder there haunts them long after their release.

Saturday

4 p.m. – "High School High" (PG-13) Starring Jon Lovitz and Tia Carrera. A teacher leaves his position at a private school to teach at an inner-city school. The school is a battleground and has its own cemetery.

7 p.m. – "Romeo and Juliet" (PG-13) Starring Leonardo DiCaprio and Claire Danes. Two modern-day lovers are doomed by a force beyond their control.

9:30 p.m. – "Ransom" (R) Starring Mel Gibson and Rene Russo. A tycoon's life is turned upside down when his son is kidnapped. After an FBI plan fails, the father uses his business skills to get his son back.

Sunday

4 p.m. – "Romeo and Juliet" (PG-13)
7 p.m. – "Ransom" (R)

Monday

7 p.m. – "High School High" (PG-13)

Tuesday

7 p.m. – "High School High" (PG-13)

Wednesday

7 p.m. – "Romeo and Juliet" (PG-13)

Thursday

7 p.m. – "Ransom" (R)

Feb. 7

7 p.m. – "Romeo and Juliet" (PG-13)
9:30 p.m. – "Ransom" (R)

RAF Mildenhall

Friday

7 p.m. – "High School High" (PG-13)

Saturday

7 p.m. – "The Mirror Has Two Faces" (PG-13) Starring Barbara Streisand and Jeff Bridges. A romantic comedy that explores the myths of beauty and sex and how they complicate relationships.

9:30 p.m. – "Set It Off" (R) Starring Jada Pinkett and Queen Latifah. Four women develop a plan to break out of the hood, and they find out they can't buy freedom.

Sunday

4 p.m. – "Fly Away Home" (PG) Starring Jeff Daniels and Anna Paquin. Amy must come to terms with the death of her mother and the sudden presence of her father. She takes comfort in sheltering orphaned geese and learns to pilot an aircraft to lead them to a winter home.

7 p.m. – "The Mirror Has Two Faces" (PG-13)

Monday

7 p.m. – "The Mirror Has Two Faces" (PG-13)

Tuesday

7 p.m. – "The Mirror Has Two Faces" (PG-13)

Wednesday

7 p.m. – "To Gillian On Her 37th Birthday" (PG-13) Starring Peter Gallagher and Claire Danes. A reclusive man is desperately in love with his wife, Gillian, who has been dead for two years. Every night, he goes to the beach and talks to her for hours.


Thursday

7 p.m. – "Set It Off" (R)

Feb. 7

7 p.m. – "To Gillian On Her 37th Birthday" (PG-13)

9:30 p.m. – "Set It Off" (R)



Knights Table

Today
Lunch: barbecued beef cubes, sweet-and-sour chicken, Creole shrimp
Dinner: braised beef and noodles, Spanish meatballs, tempura fried fish

Saturday
Lunch: turkey curry, jaegerschnitzel
Dinner: roast beef, baked Hawaiian ham, chuck wagon stew

Sunday
Lunch: roast veal with herbs, shrimp curry
Dinner: Cajun meat loaf, roast turkey, orange-spiced pork chops

Monday
Lunch: beef pot roast, chicken a la king, vegetarian stuffed peppers
Dinner: Hungarian goulash, Cantonese spareribs, Parmesan baked fish

Tuesday
Lunch: Swiss steak with mushroom gravy, sweet-and-sour pork, baked chicken
Dinner: turkey nuggets, tamale pie, sukiyaki

Wednesday
Lunch: lasagna, spaghetti with meat or vegetarian sauce, Italian-style veal steaks
Dinner: tarragon beef and noodles, Cajun baked fish, turkey risotto

Thursday
Lunch: marinated beef casserole, vegetarian stuffed cabbage, fried chicken.
Dinner – customer appreciation meal: top sirloin steak, shrimp scampi, honey-glazed Cornish hens

High school Reds take all

By Gary Webb
RAF Lakenheath high school basketball coach

The RAF Lakenheath High School basketball teams are in first place for their conference. Red team girls are currently undefeated and the Red boys have only lost one game.

The Blue teams are in third place for the conference.

Red girls

The RAF Lakenheath Red girls team remains undefeated after a conference play when they defeated Alconbury at home 49 - 17 Jan. 17.

Lisa Webb was the high scorer with 16 points and Keara Keller added another nine. Red's point guard, Nikki Brown, added a new dimension missing from the team last year and had six assists. Coach John Hedberg pulled the starters in the second quarter.

The Red Lancers traveled to

London Jan. 18 to play the only other undefeated team in the conference, the American School in London. They emerged victorious, with a score of 37 - 35. Keller led scorers with 18 points and Webb pumped in 12. Brown's persistent pressure of defense and ability to break the American School's press with her speed helped win the game.

"This was an exciting victory," said Pete Resnik, high school athletic director. "We haven't beaten the American School in London in 20 years. This has been a stellar season."

The Red girls played against Alconbury Jan. 24 and won the game 45 - 5. Webb contributed 16 points and Keller, eight. The game was called for the 40-point rule.

The team played against London Central Saturday and won 51 - 28. Keller had 20 points, Webb had 11 and Stephanie Prochaska had nine.

Blue girls

The Blue girls lost at the American School in London Jan. 17. The final score was 43 - 23. Jelica Slaughter sunk eight points and Shamika Hall had seven.

The team played Croughton Saturday and won the game 50 - 33.

"After a very decisive victory over the Croughton girls, the Lady Blue Lancers are poised to wreck havoc in the United Kingdom tournament," said Resnik. "They are up against very fierce competition, but they feel they have the heart and guts to pull it through."

Red boys

The Lakenheath Red boys team defeated Alconbury Jan. 17 at home 82 - 60.

Dietrick Bush scored 20 points in two quarters. The remainder of the starters were pulled after the first quarter. Ron Ortiz scored 19 points for Alconbury.

The Red team traveled to the American School in London for the showdown of the



Zack Bramante (left) and Joey Barton (right) Lakenheath Red junior varsity players go for a steal on Lakenheath Blue Garret Gemeinhardt Tuesday night. The boys Red team won the game 38-37. The Lakenheath boy's varsity teams played Tuesday and Red won 74-56.

conference powerhouses Jan. 18. The Red team defeated the American School in London 64 - 60. The Lakenheath team had beat the Eagles in a pre-conference game 74 - 50, but the Eagles hadn't been beaten at home in conference since 1989. Bush scored 22 points, Otis Anderson had 16, Gary Webb had 12 and Chris Mazowieski, known as Magic, had nine points.

The real story, however, doesn't show in the statistics. Magic, the Red's point guard and leader, held the American School in London's captain, John Farmer to one point in the last three quarters.

Webb smothered the American School's "Little General" and held him to one basket and Dan Haire stopped everyone he covered. Only two buckets were made against him. Anderson, however, had his hands full with Keith Norman, who scored 39 points.

"The Red boys team is on fire with a 10 - 1 overall record and a 7 - 1 conference season," Resnik said. "Detrick, Otis and Chris have lead an impressive offensive charge for Red."

Bush has averaged 23 points and six assists a game. Dan Haire

has averaged 11 points and five assists; Magic has averaged 17 points and six assists; Anderson has averaged 18 points.

Blue boys

Lakenheath Blue boys traveled to the American School in London Jan. 17. They lost 62 - 48 as their forward, Josh Johnson, broke his finger. Johnson was unable to return to form. Blue was also unable to stop Norman, who scored 38 points. Will Young scored nine points for Blue.

The team lost a tough one to London Central Jan. 18. The final score was 41 - 40. Young scored 14 points, and freshman Rodney Cobb scored 11. London Central's J.P. Catrell scored 15 points and scored the winning bucket with four seconds left.

The Blue boys played against the American School in London Jan. 24 and lost 35 - 56. Young had 12 points and Tony Ledwell had eight points.

"The Blue boys lost what was a great game despite what the score shows," Resnik said. "Young has lead the charge for Blue ever since Johnson went down earlier this season."



Photos by SrA. Jeff Capenos
Shamika Hall (50) and Keara Keller fight for a rebound under the rim during Tuesday night's game.



Photo by SSgt. Valerie Weaver

The air up there
SSgt. George Watson, 493rd FS goes for two while SrA. Robert Lopez looks on. The 493rd won against the 48th Dental Squadron, 63 - 59.

Sports Shorts

Traveling baseball, softball

Tryouts for the 1997 youths traveling baseball and softball teams are at RAF Feltwell. All youths between the ages of 13 - 18 are eligible to tryout. The softball team is only for girls. Practice times are March 8 - 9 a.m. - 4 p.m. and March 9 - 1 - 4 p.m. Tryout times are March 15 - 9 a.m. - 4 p.m.; and March 16 - 1 - 4 p.m.

For more information, call 89-2990 or Ext. 3735.

In-line hockey

The RAFs Lakenheath and Mildenhall

youth centers sponsor an in-line hockey coaches teaching clinic at 5:30 p.m. Monday. The clinic covers rules, safety, by-laws and more. For more information, call Karl Pfoor at Ext. 3735.

Registration is underway for in-line hockey for youth ages 5 - 18. The season begins March 15. For more information, call Ext. 3180 or 89-2990.

Golf pro shop specials

The golf pro shop sponsors a Valentine's sale through Feb. 15. Call Ext. 2223 for details.

Water safety instructor training

The swimming pool offers water-safety-instructor training beginning Tuesday. Classes are from 6 - 9 p.m. Tuesdays and Thursday. Students must be 17 years old or over and must pass a swimming test. Call Ext. 2815 for details.

Valentine's racquetball tournament

The fitness and sports center sponsors a Valentine's racquetball tournament Feb. 14 - 16. T-shirts are given to participants and prizes to winners. Sign up by Feb. 11. Call Ext. 3607 for details.

New skate night

People 13 and over can skate from 7 - 11 p.m. Fridays beginning Feb. 7. Cost is \$3 per person and \$1 extra for skate rental. For more information, call Ext. 1627.

Sports training camps

People applying for Air Force sports training camps held March 20 - April 5 at Peterson AFB, Colo. and Pope AFB, N.C. should submit their AF Form 303 to staff at the fitness and sports center. For more information, call Ext. 2391.

Coaches certification clinics

The youth center sports program sponsors a coaches certification clinic Feb. 27 and March 3 at 5:30 p.m. All coaches must attend this clinic. For details, call Ext. 3180.

Aero club 2-for-10 special

The aero club offers a two-for-10 special through March. When members fly 10 hours in one month, they get two hours free. Stop by the aero club to pick up punch cards or call Ext. 3152 for details.

Basketball all-star day

The fitness and sports center sponsors an intramural-basketball all-star day Feb. 22. The day includes the intramural championship game and the over 30's championship game. There is also a three-point shoot-out and a slam-dunk contest. For details, call Ext. 2391.

Intramural Standings

Standings as of Monday

Intramural winter darts

Team	W	L
EMS	34	11
DECA	32	13
TRANS	28	17
OSS	20	25
CES	16	20
SPS	13	32
PANTHERS	10	26
SUPPLY	9	18

Intramural basketball

Monday-Wednesday-Friday division

Team	W	L
48 EMS	16	6
CRS 1	14	6
SPS BADGERS	10	6
492 FS	10	7
48 CES	9	9
48 TRANS	7	10
HOSPITAL	6	11

Intramural basketball

Tuesday-Thursday division

Team	W	L
48 SPS 1	19	3
493 FS	16	5
48 DENTAL	15	4
SUPPLY 1	12	11
494 PANTHERS	10	9

Over 30's basketball

Team	W	L
48 SPS	12	1
48 HOSP	11	3
48 OSS	11	3
48 CES	10	5
48 EMS	10	7
DSTS	6	9
48 CS	6	10
SUPPLY 1	4	11
SUPPLY 2	2	13

Swimming lessons begin

The swimming pool offers lessons for children and adults. Registration for the children's lessons is through Tuesday, with classes beginning Wednesday. Adult classes are from 8 - 9 p.m. Tuesdays and Thursdays. Call Ext. 2815 for more information.

Liberty Lanes' 30-game offer

Liberty Lanes offers a Winter Wonderful 30-game punch card for \$25. The cards are valid until March 31 and may be used any time. Call Ext. 2108 for details.

Tae Kwon Do

The community activities center offers Tae Kwon Do classes from 11 a.m. - 1 p.m. Sundays. Cost is \$25 for four sessions. For details, call Ext. 2221.

Skating rink activities

The skating rink books birthday parties during regular skating sessions. The staff provides games, prizes and face painting for party members. Call Ext. 1627 for more information.